

Fitness Room Rules of Conduct

These rules are guided by safety and courtesy. Failure to comply may result in barring you from this facility.

- **A Starport Fitness membership is required before using the facility.**
- **Appropriate athletic attire including shirt, shorts, or sweats, and closed-heel/toe athletic footwear are required at all times. Jeans, belts, or other studded clothing are not allowed.**
- **Limit use of Cardiovascular equipment to 30 minutes when people are waiting.**
- **Vacate weight training machines or stations between sets to allow others to work in between sets.**
- **Do not abuse or misuse the equipment.**
- **Please wipe down equipment after each use.**
- **Weight belts may not be used while leaning, lying, or sitting on upholstered equipment.**
- **Water is the only food or drink allowed in the Fitness room and must be in a resealable plastic container.**
- **For your safety when using free weights:**
 - **Use spotters.**
 - **Do not throw or slam weights or dumbbells to the ground.**
 - **Use collars and pins to secure weights.**
 - **Report maintenance or other facility problems immediately.**
- **Please report damaged equipment and anything you believe is unsafe, discourteous, or inappropriate.**
- **Starport Fitness staff reserves the right to determine what is inappropriate, discourteous, or unsafe behavior.**